

THE VALLEY AND EAST COAST VOICE INC.

Established 1968

50.08 August 10, 2017

Deadline for 50.09 is 5pm August 21, 2017



Hub4Health Walking Group enjoying a post-walk morning tea

(photo taken by Wayne Fulford)

Report p5



Christmas in July at the FVNH

(photo taken by Wendy Fowler)

Article p6



**NORTHERN TASMANIAN
Waste Management**

Waste bin sticker competition in local schools brings big rewards

August 2, 2017

With a new recycling service gearing up to start in Break O'Day by the 2017 Christmas holidays, Break O'Day Council in partnership with the Northern Tasmanian Waste Management Group (NTWMG) has launched a sticker competition in the two local schools.

St Marys and St Helens District School students of all grades will have the opportunity to design stickers for the lids of the new bins to help identify the use of the new and existing bins. Each school will design one sticker, St Helens the recycling sticker for the yellow lidded bins, and St Marys the waste sticker for the new red lidded bins. The winners of each design will receive an iPad.

Continued on p9

ST MARYS PACING CLUB Annual General Meeting



Friday September 22 at 7pm

Under the grandstand, St Marys Recreation Ground

The Committee would like to invite all club members and members of the community to attend our Annual General Meeting.

The future of your race day depends on the community support, with our current hard working committee members requiring assistance.

Please feel welcome to come along and put forward your new Ideas towards improving the race meeting to be held on New Year's Day, January the 1st.

If you are unavailable to make the Annual General Meeting but are able to assist in any way kindly let one of our committee members know, or contact myself by way of contact details below.

Supper will be provided, we hope you are available to attend and look forward to catching up.

Hope to see you all there.

Craig Woods Secretary SMPC

0437 742 351 / zugylarry@gmail.com

Editor: Wendy Dawson
wdawson@valleyvoice.com.au
0403 430 452

website: valleyvoice.com.au
facebook.com/ValleyEastCoastVoice
POB 230 St Marys Tasmania 7215
For all account queries please contact
rodhunt@netspace.net.au

Advertising rates 2017

Business card size	½ page ads \$40
ads \$15	Full page ads \$65
Intermediate ads \$18	Permanent classified ads
¼ page ads \$25	\$20 p.a.

Valley and East Coast Voice Inc.

Advertising rates for all community groups

Regular articles i.e. news of current activities / events and general information will, at the discretion of the Editor, be carried free of charge.

Any community group requiring a full page will be charged 50% of the commercial rate, after proof of eligibility.

The decision regarding whether or not an article attracts advertising fees is the Editor's. Groups will be advised of any cost before going to print.

Private community announcements / private classifieds are free for two issues.

Annual posted subscriptions are \$69 and annual online subscriptions are \$20.

Articles for publication may be left at the St Marys Pharmacy, posted or emailed.

We do not accept responsibility for the accuracy of information provided by contributors.

Visit our website valleyvoice.com.au and look back over ten years of archival content, galleries and stories, in addition to each new issue. Leave a comment / suggestion on what you would like to see included.

24h Emergency services numbers

Abuse & Assault Services	1800 737 732
Ambulance, Fire & Police	000
Crime stoppers	1800 333 000
Digital mobile Phone emergency service	112
Poisons Information	13 1126
SES Flood & storm emergencies	13 2500
TasNetworks	13 2004
TasWater	13 6992

The Valley and East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor and committee, or volunteer staff.

Our pages remain open to fair and honest criticism so that on all questions both sides may be presented, but any submissions containing personal attacks / libel / slander will not be accepted.

Kindly do not attack the editor, the paper or the authors of previous articles.

All articles for submission must bear the author's name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only.

Letter writers will be given the chance to respond over a suitable period of time.

Subjects may be closed at the editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam.

Articles most commonly published are those relating to current community issues.

Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer.

The editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary. All letters/emails must include your full name, address and contact phone number.

The Valley and East Coast Voice Inc. reserves the right at all times, without notice, to update, change or amend our guidelines.

All information is correct at time of printing.

Whilst we value and welcome community input, the Valley and East Coast Voice Inc. does not provide specific feedback regarding any decision made not to publish a submission.

For Sale

I may be old and feeble, but I'm still selling moo poo.
Norm 6372 2380

Large round hay bales, not rain effected. \$55.
Alan 0407 944 158

Meals on Wheels 0488 384 344

August 10	Heather Griffiths
11	Drew Adam
14	Valmai Spencer
15	Pam Bretz
16	Louise Keady
17	Valmai Spencer
18	Drew Adam
21	Ruth Aulich
22	Lundy Vosper
23	Karl Balzer

Community Notices

The St Marys Sports Centre Inc. Annual General Meeting will be held on Saturday August 12, 3.30pm.
Glenn McDonald (Public Officer)

Rossarden Progress Association:
Annual General Meeting with a General Meeting to follow is Monday August 14, 2017
3pm at the Fire Station.
All welcome
Mary Knowles, Secretary, Gipps Creek. 6385 2002

Greater Esk Tourism **Annual General Meeting** will be August 14, followed by a General Meeting. 7pm at the Fingal Valley Neighbourhood House, Fingal
Mary Knowles, Gipps Creek

GET meeting dates for 2017
August 14 AGM, October 9, November 24 and December 4. 7pm at the Fingal Valley Neighbourhood House *Mary Knowles 6385 2002*
gippscreek@skymesh.com.au

Rossarden and Friends Kids Christmas Inc.
Annual General Meeting is Tuesday August 15, 2017, 1pm at the Avoca Roadhouse. All welcome.
Notice of a Special Resolution: to not have an Audit conducted of the Rossarden & Friends Kids Christmas Inc. accounts. Under the Associations Incorporation Act 1964 there is an Option for Exemption for auditing requirements if the association has total revenue in any financial year of \$40,000 or less. There is still an obligation to provide the Department of Justice a statement of the association's income and expenditure for the financial year, a list of names of the committee and the Annual Return. These documents are available for any member to peruse at the AGM or at any other time upon request.

St Marys Meals on Wheels will hold their AGM on Thursday August 17 at 2pm in the family room at the St Marys Community Health Centre - discussions for the future - all welcome. *Val Spencer - President*

ROSSARDEN Fire training and BBQ dates are:
September 2, October 7, November 4 and December 2.
Fire Brigade training is 10am prior to each BBQ. *Mike Prewer, Rossarden. 6385 2184*

August is Local's Month
Enjoy free entry to the
St Helens History Room
and on Friday August 18, 2017
all residents visiting the St Helens History Room
can enjoy a
FREE Morning or Afternoon Tea
St Helens History Room
61 Cecilia St
St Helens

I would like to express my thanks and gratitude to all the staff from the domestics to the health professionals from the St Marys District Hospital.
My stay was made so much more comfortable from the compassion that was shown not only to myself but Wendy as well.
We have both been overwhelmed by all the visits, cards and well wishes. The same applies to the Launceston General whose treatment was just as professional and kind. I feel on the road to recovery due to this wonderful treatment and the kindness shown from this community.
Thank you again.

Reon Johns, St Marys

VIETNAM VETERANS DAY 2017

Vietnam Veterans Day will be commemorated on
Friday August 18.

The service will commence at 11am at the
Vietnam Veterans Memorial site at the
Cenotaph in St Helens

If you wish to join Veterans in the march, please form up at Hilly's Supermarket, St Helens at 10.45am.

You are invited to lay a wreath for the fallen during our Remembrance Service.

If the weather is inclement the Service will be held in the Portland Hall adjacent to the Cenotaph.

For further details please contact
President Gary Graham 6372 5727.

Avoca Spring Festival

Sunday September 3

Details out soon

THE ST MARYS SALVATION ARMY

would like to once again thank some very special and kind people who have given of their time, talents and / or goods. We are so grateful for every single act of generosity. Please know that we are unable to meet all the



many needs in the community - we're doing our best, while not getting any younger or fitter! This corps of the Salvos runs pretty much on the 'smell of an oily rag'.

Basically there are only two people who keep the place running at any kind of speed. On Tuesday's JAM we are blessed to regularly have Belinda Kilby on the team, making us three!
If you have any concerns about any issue regarding our Ministry to St Marys and beyond, please don't hesitate to make contact with me on 0409 838 816

Pam Gillies
Gaynor Stillman
Juanita McDonald
Hazel Jones
Nick Ackers (Bicheno)

Tracey Thow
Belinda Kilby
Peter O'Toole
Mary English

Envoy Melanie Norton, St Marys

Community Notices

Fingal Valley Neighbourhood House Inc.

Talbot St Fingal Ph 6374 2344 / admin@fvnh.org.au

Facebook We have a new Facebook page, our main communication tool for what is happening at the FVNH. 'Like' our page to keep up to date.

Play Centre is now operating each Monday from 9.30am to 2.30pm. We are still taking enrolments for 2017.

Eating with Friends at a **Light Luncheon** on Friday August 18. Cost \$5. RSVP by 3pm, August 16. Due to catering requirements, NO LATE BOOKINGS will be accepted.

Morning Tea is held every Wednesday morning at 10am. Come in and have a cuppa, snack and chat.

Nils With support of Aurora Energy and the State Government, Nils will offer subsidies and loans for the purchase of selected energy efficient items. Be quick as funds are limited. Contact the Office for more information or book for an appointment with our trained staff.

Wedding Dress Parade will be held on October 21 at the FVNH. More details will be out soon.

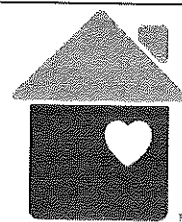
Op Shop has moved into the library. Call in and have a look at the new space and pick up a bargain.

Library is now in the FVNH.

Community Car/Bus is available for transport to medical and other appointments. Bus available for group outings. Call the office for more information.

Contact the FVNH on 6374 2344 or call into the Office 9am - 3pm Monday to Friday for more information.

The Fingal Valley Neighbourhood House Inc. is funded by the Crown through the Department of Health and Human Services



NOTICE The St Marys Bakery will be
CLOSED between Saturday 2 and Saturday
September 16, 2017.

We will re-open on Sunday September 17 with
our normal trading hours.

Sorry for any inconvenience.

By Management St Marys Bakery Proprietor.

Notice of Annual General Meeting St Marys Tennis Club Inc.

You are hereby notified that the 2017 Annual General Meeting of the St Marys Tennis Club Inc. will be held on Thursday August 24, 7pm at the St Marys Tennis Club rooms, Main Street St Marys.

Pursuant to the Constitution, the business of the meeting shall be:

1. Welcome and Apologies
2. To accept the Minutes of the previous AGM
3. President's Report
4. Treasurer's Report
5. Nominations and composition of the Executive Committee
6. Questions and general business from the floor.

Please note: a) Only current financial members of the St Marys Tennis Club Inc. are entitled to vote and b) Members wishing to raise any item of business at the AGM should give due notice in writing by Friday, 18 August 2017 to the Club Secretary.

All members and interested parties welcome to attend!

Jodi Zylstra, St Marys



Out of the Woodwork

The Guild is open everyday except Friday, Saturday and Sunday (depending on volunteers) and other times by appointment

[Facebook.com/pages/Break-a-day-Woodcraft-Guild-Mens-Shed](https://www.facebook.com/pages/Break-a-day-Woodcraft-Guild-Mens-Shed)

One is sometimes lost for words in expressing the kind sentiments and actions from this community. Therefore, I will keep it simple. On behalf of Reon and I we would like to say a large thank you to the consideration that has been given not only to Reon but to myself regarding his recent stay in hospital. To the staff at the St Marys District Hospital from the domestics to the professional medical team one word would suffice, and that is exemplary. A reminder that the Guild is still open for business and thank you to all members who have kept the doors open and the wheels turning. The Sizzler King has not left the building yet!

Wendy Brennan, Secretary, 6372 2094

Hub4Health Walking Group

Fire Road - Mad Cow Swamp Track

Leader Bryan Edhouse

It was a crisp chilly morning. 11 walkers arrived, eager to get out into the bush after finding the trail head - the recent grading had camouflaged the start point.

We strolled along a well made and easy trail, stopping at the plateau above Mad Cow Swamp. Years on, there is many a tale of hearing the cow bellowing for it's life; long after the farmer attempted, without success, removing the poor beast. Such a mournful tale.

Returning to the car under the bright, blue, clear skies; the myriad of native birds calling throughout; wafting breezes whispering. What an utmost magical morning!

On the way back to St Helens we followed the ridge-line down to the Gardens Road near Taylor's Beach and Sloop Rock.

Contributor Wayne Fulford



Mouth of George's Bay (Wayne Fulford)

Parnella Drive -Settling Ponds Loop

Leaders Alex Buchanan and Bryan Edhouse

Grant's Point and Dora Point Coastal Walk

Leaders Fran and Stewart

We had 18 members join us for this coastal walk that started from the Grants Point car park, after a twenty minute drive from St Helens.

It was a mild, sunny June morning, perfect for walking.

The track is well formed with great coastal views and access to beautiful beaches.

We arrived at Dora Point after about 50 minutes, where we enjoyed a break to take in the views across to St Helens Point and the barway.

We then returned on the same route.

Although this is a well known track there were a number of members who had not walked it previously. A very enjoyable morning.

Contributors: Fran and Stewart Taylor



A majestic white gum on Fire Road (Wayne Fulford)

New members are most welcome. Please call Hub4Health:6376 2971 or Bryan Edhouse:0414 987 435.

Come join up soon!

Wayne Fulford, St Helens

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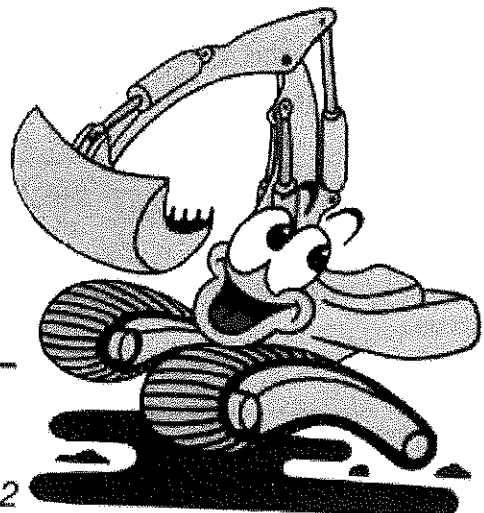
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Christmas in July, Eating with Friends.

Over the last 25 years or so, Christmas in July (or Ausmas, as I have heard it called in other places) has become a feature of midwinter. It's a chance to really enjoy traditional Christmas fare without either the chef or the diners collapsing of heat exhaustion; the chance to have a hot roast meal and all the trimmings in the coldest season of the year.

This year I attended the 'Eating with Friends' meal at the Fingal Valley Neighbourhood House and I have to say "Well done to all involved."

The room looked great, the company was very pleasant and the food lovely. In particular congratulations on getting hot meals to a large group in a timely manner; we've all been to places where the last people served gets a lukewarm meal but a late comer seated next to me commented quite specifically about how pleased she was that her meal was nice and hot ... and hadn't been microwaved.

About thirty people chatted, laughed, ate too much and enjoyed the hospitality the Neighbourhood House offered. I did notice a number of older folk for whom, I suspect, cooking two different meats and a good selection of vegetables might be quite an effort so it seems to me the event ticked all the boxes ... a nutritious meal, some company and, of course, pav for dessert.

The crackers amused us all and I suspect a number of grandchildren will score quite well from the various trinkets they contained ... happily we were spared those shocking ill-fitting hats so that's a bonus too. Therefore we will let the person who did the shopping off, over the lack of bang.

Personally I was very impressed with the faux puddings ... what a great idea, and everyone knows you cannot have too much sugar or chocolate at Christmas.

Article by Wendy Fowler, St Marys
Photos by Wendy Fowler, St Marys, and the Editor.



Hobart Lord Mayor Sue Hickey dummy spit

30 July 2017

Break O Day Councillor John Tucker was disgusted by comments made by Hobart Lord Mayor Sue Hickey, that those who voted against her LGAT Conference motion for changing the date of Australia Day were "PALE, MALE and STALE".

"The Lord Mayor's RACIST,

SEXIST and AGEIST SLUR against her fellow local government representatives is not what people expect from the Lord Mayor of Hobart," Councillor Tucker said. "These comments look like a DUMMY SPIT, from a Lord Mayor who likes it her own way all the time. Just like her dummy spit last Monday when she walked out of the council chambers and abstained from a vote on a proposed

dinner in Japan next month, following a heated debate".

"Lord Mayor Sue Hickey would be better to keep her comments to herself and look after her own council, and stop the selective leaking of perceived negative material in the Hobart Council".

"Stop playing politics Lord Mayor and do what your ratepayers have elected you to do, this is a Federal Issue." Councillor Tucker said.

The Say, by Cagerattler

On Saturday night, as usual, I was speaking to Louis in Baltimore. Always enjoyable to spend an hour or so talking to him, sometimes Angela or Klara, and a few word with little Ayden before his Auntie Klara makes her famous Hungarian pancakes. It's 9 pm here but only 7am in Maryland.

As we talked this week we discussed Trump's latest gaffs, the strange weather patterns (including the brutal heat in the eastern United States at present) and how Angela's work situation was different.

Louis then told me about the housing situation, and them looking to buying a property in the not too distant future perhaps.

Somehow or other we got on to Christmas as well, and Louis told me that the image we have of Santa Claus is the work of Coca Cola in the 1920s. That actually surprised me. This led me to doing a bit of research on Sunday morning, and the original Santa was depicted as a somewhat gaunt elf-like image. The absolute origins of celebrating Christmas hark back to the year 336, and Pope Julius I decreed 25th December was to be set aside for the festival a few years after that. Many experts are uncertain whether Jesus was born then, in reality, and

some have claimed that March was more correct but that's only a theory. The original origins of Christmas Festival and gift giving are related to St Nicholas (280- 343) who was a bishop and famous for his kindness and giving help. After his death on 6th December 343, the tradition of celebrating gift giving began and in some places in Europe St Nicholas Day eve (December 5th) is a day of giving gifts to this day.

Who said you don't learn anything new every day?

As we spoke about Christmas I recalled to Louis my memories of my sisters Mary and Annie and I, going out with Mum and Dad in the car to find a Radiata Pine for the Christmas tree, and Dad's job of doing the ham cooking. We'd look forward to bringing home the uncooked ham and Dad then taking charge of the old electric powered copper with the green lid, and cooking the ham ready for Christmas. He prepared a good ham, did Dad.

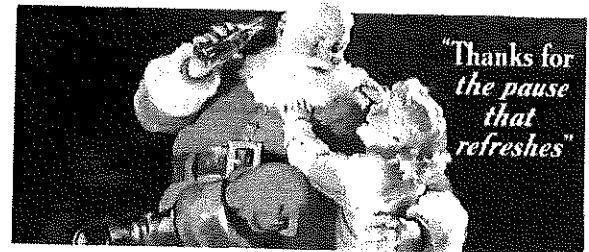
Another tradition we had was at about 1.30 am after Christmas Eve Midnight Mass, we'd 'sample' the ham and give our tick of approval, before going to bed for a nice few hours before the mayhem of Christmas Day took over. Funny how you

never ever forget those things. We grow up and circumstances change completely, but you always remember fondly those days as kids.

Louis related to me his passion for seeing Ayden and his other grandson Jameson, having great memories of their Christmas's too and he plans on keeping it that way for a good while yet. He even does the Christmas Trains under the tree each year. Not quite Clarke Griswald level, as per the Chevy Chase Chrissy movie for lighting up the house, but he doesn't do a bad job as seen in the photo's he's sent me over the years.

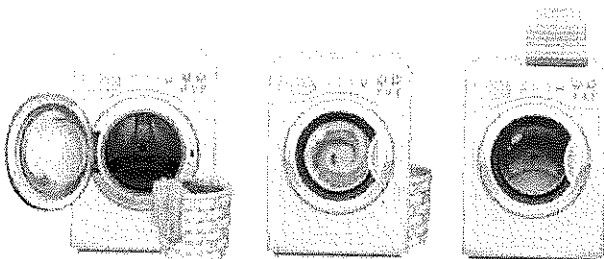
The best part of this week's phone call was it began by both of us being gobsmacked by Donald Trump's craziness, but eventually remembering our times of how we used to celebrate the Christmas/New Year period. Then ... whoops ... it's only early August. It's hot in Baltimore, cold in St Marys and when Christmas is actually on us it'll be the other way round. What do you think?

Rod McGiveron, St Marys



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St Helens clinic on 6376 1577

Waste bin sticker competition in local schools brings big rewards continued from front page

The idea of the competition is to start the discussion with the Break O'Day community around what can be recycled as well as to help educate the community around the purpose of the bins. "Involving the school students in this way we hope will create a generation of recycling champions who are not only passionate about recycling but are empowered to help their families use the new service correctly and effectively," Break O'Day Mayor Mick Tucker said. "Because our existing bins, the ones with the yellow lids, will become our recycling bins and resi-

dents will receive a new waste bin, with a red lid, we wanted to ensure we had done all we could to make sure the community were across this big change. And who better to make sure this change is happening at a household level than our children." Both St Marys and St Helens Schools have been given an information pack on the competition which includes a template for the sticker design, guidelines and entry form for the competition as well as Council's Recycling FAQ sheet. This information can also be found on Council's website under Popular links, Recycling.

NTWMG education officer Mary Gill will be visiting both schools in the coming month to discuss the competition as well as talk to students about recycling in general. Entries for the competition can be emailed to Jayne.richardson@bodc.tas.gov.au or dropped in to the Break O'Day Council Office, 32-34 Georges Bay Esplanade, St Helens by close of business, September 4, 2017. Once the stickers have been finalised and printed, they will be delivered with the new bins which can then be placed on the lids

Love your family and friends

Any time you feel sad or upset, or blue, think about what the love was like in the beginning. What you have been through together - the good times, the bad times, don't wipe out the bad ones. Reflect on them, work through them, get over them, move on together. The bad things help us move on and get stronger. Sometimes these have to happen to open our eyes. Look what you have NOW.

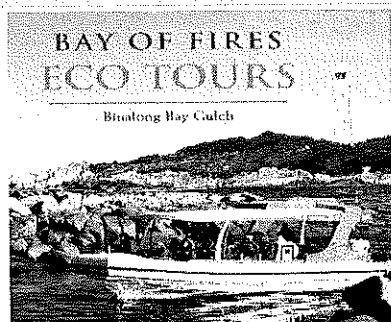
Liz Mallett, Gray.

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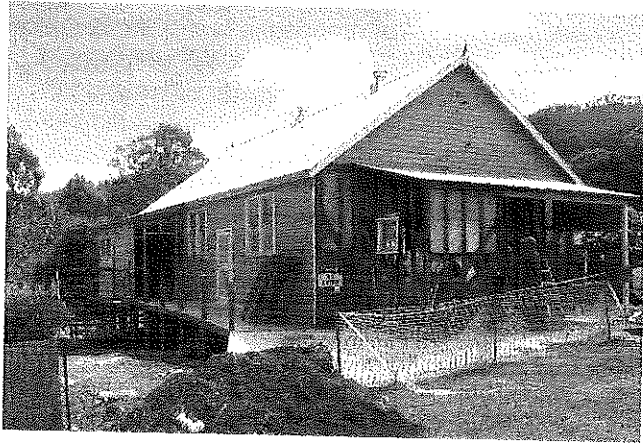


Great Property on 3325m2 & Creek

Beautifully presented 3 to 4 bedroom home sitings on a 3325m2 block. The property offers a lovely timber kitchen, spacious living & dining rooms, a tidy bathroom, a small study off the living room & all presents in great condition. The property also includes a double garage & carport, as well as a small timber outbuilding ideal for a studio or workshop. The large 3325m2 land offers plenty of extra space and has the St Marys rivulet running through the rear of the property providing a tranquil feel next to the established orchard. Within walking distance of most of St Marys facilities. Currently tenanted at \$225 p/w. A good investment for now or the future.

Over the years

2010 * 2010 * 2010 * 2010 * 2010 * 2010 * 2010



Cornwall Community Committeeman, Graeme Hayes, prepares the Cornwall Hall for a face lift.



Chain of Lagoons to Piccaninny Historical Walk



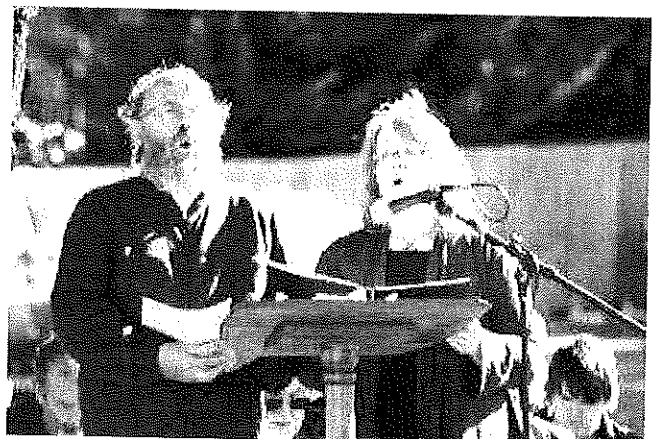
Elaine Sullivan (centre) holding the brass plaque won by Purple Possum, pictured with two of her staff members, Sandra Gillies, left, and Emma Clement.



Break O'Day Woodcraft Guild Open Day 2010



Melbourne Cup Luncheon St Marys



A.N.Z.A.C. Day St Marys

Over the years

2010 * 2010 * 2010 * 2010 * 2010 * 2010 * 2010



Forest workers gathered at Scamander for a reunion of Forestry Tasmania's former Eastern Tiers District.

"Until as late as the early 1950s a round-trip aeroplane ticket from Australia to England cost as much as a three-bedroom suburban home in Melbourne or Sydney."

— Bill Bryson, In a Sunburned Country

Surveying Town Planning Aerial Photography & 3D Modelling

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- Thermal imagery capture



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Free Meningococcal W Vaccination Program for Years 10, 11 and 12

The Tasmania Government is funding a free Meningococcal W Vaccine for teenagers aged 15-19 years.

The program will commence during Terms Three 2017 and run until 30 April 2018 and will be administered at your school.

The first phase of this program will take place at your school on Thursday 7 September 2017.

The vaccine provides protection against four strains of Meningococcal disease (ACWY) and is given as a single dose.

Meningococcal disease is a rare but

severe bacterial infection that can cause lifelong disability or death and can affect people at any age. Meningococcal bacteria are carried in the nose and throat of some healthy people and are spread through close prolonged contact. The bacteria are more commonly found in teenagers and young adults. Adolescents are at increased risk of Meningococcal disease. Meningococcal W has increased significantly across Australia from 2014 onwards.

In Tasmania, cases have more than tripled in 2016 compared with previous years.

Tasmania has a higher rate of Men-

ingococcal W disease than other states. Meningococcal W is now the most common meningococcal strain in Tasmania.

You will receive further information and a consent form during term three.

Please complete the consent form and return to your school.

To learn more about meningococcal disease and the Meningococcal W Vaccination Program, visit www.dhhs.tas.gov.au/menw

If you have any questions regarding the School Immunisation Program please contact Council's Immunisation Coordinator on 6376 7900.

Mt Elephant and Beyond Book Club review

The Thousand Autumns of Jacob de Zoet by British author, David Mitchell, was our book for the month of July. If you like being transported to another time and place then this might be the book for you. It's a long one and repays more concentrated sessions of reading, rather than short bursts before sleep at night.

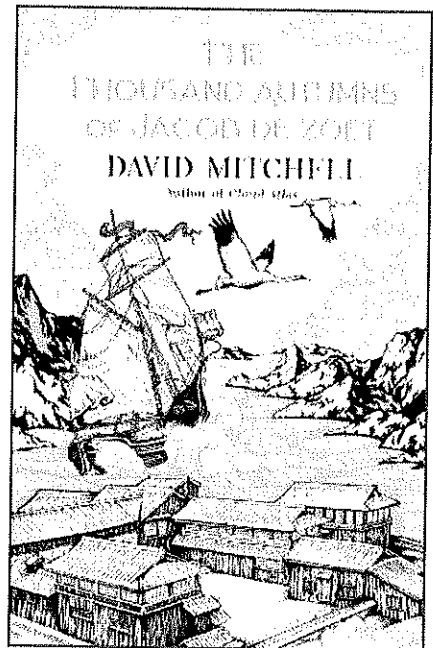
The action takes place on a man-made island in the Bay of Nagasaki, beginning in 1799. This is an outpost of the Dutch East India Company, based in Batavia (modern day Jakarta) and the reason it is sited here is that the Japanese are pursuing a policy of isolation from the Western world and contact with the rest of Japan is forbidden to foreigners. Over the previous two hundred years Christianity had been infiltrating the country and this was seen as a threat to Japanese tradition. Trade with Japan is profitable for both sides but there is much suspicion and ill feeling between the Japanese and the Dutch and it seems that corruption is rife on both sides. The story is set at a pivotal point in history as the Dutch East India Company faces bankruptcy and Napoleon is about to take over the Netherlands. None of this is known to these isolated Dutch representatives of the Company. Mitchell, who has lived in Japan, has obviously done a huge amount of research and manages to recreate the uneasy arrangement between the two nations.

The hero of the story is young Jacob de Zoet, a clerk of the Company, who is here to make his name and fortune so that he can return to Holland after five years and claim the hand of his beloved Anna. He is tasked with the job of "cleaning up the books" after previous corrupt administrations but he soon discovers that corruption continues with the new administrator. Despite good intentions, and he is a pious Calvinist who has smuggled in a forbidden copy of his Christian Psalter, he falls for a young Japanese woman, a midwife from an educated background who is studying with the Dutch, Dr Marinus. Of course, such a relationship is forbidden by the Japanese, though a blind eye seems to be turned to the prostitutes of the House of Wistaria who service the Dutch sailors. Before Jacob can tell Orito of his feelings for her she is abducted and removed to the House of Sisters up in the mountains where, it is later revealed, dark and monstrous deeds take place. Meanwhile, back at Dejima, the trading post, Jacob is caught up in events where his intelligence, courage and integrity are put to the test.

Mitchell's driving narrative compels the reader on to find out how all the intrigue will be resolved. The mistrust and lack of respect between the Europeans and the Japanese is vividly presented by the writer and when an English ship enters the harbour and attempts to take over the Dutch outpost yet another element of European misunderstanding is introduced, resulting in a degree of comedy: the English hate the Dutch and the Japanese despise them all!

The writing is powerful, sometimes funny and at times beautiful and evocative. The novel has elements of legend, with the hero's honesty and courage a beacon in a tale of corruption and cruelty. A few illustrations from the era add to the authenticity of the story. Mitchell has created a sense of a world long gone yet his characters are believable individuals, not caricatures, and we can sympathise with the dilemma of Jacob as he experiences the power of European corruption and the inscrutable, ancient Japanese culture. This is a love story, an interesting slice of history and a story of integrity and heroism in the face of corruption. There was unanimous enjoyment of this rollicking good yarn in our group.

Pam Bretz, St Marys



Tasmania's former chief magistrate Michael Hill backs reform to end 'ineffective war on drugs'

In the face of a growing number of deaths and cases of HIV linked to drug abuse, the Portuguese government in 2001 tried a new tack to get a handle on the problem - it decriminalised the use and possession of heroin, cocaine, marijuana, LSD and other illicit street drugs. **The theory: focusing on treatment and prevention instead of jailing users would decrease the number of deaths and infections.**

Five years later, the number of deaths from street drug overdoses dropped from around 400 to 290 annually, and the number of new HIV cases caused by using dirty needles to inject heroin, cocaine and other illegal substances plummeted from nearly 1,400 in 2000 to about 400 in 2006, according to a report released recently by the Cato Institute, a Washington, D.C. libertarian think tank.

"Now instead of being put into prison, addicts are going to treatment centres and they're learning how to control their drug usage or getting off drugs entirely," report author Glenn Greenwald, a former New York State constitutional litigator, said during a press briefing at Cato last week. Under the Portuguese plan, penalties for people caught dealing and trafficking drugs are unchanged; dealers are still jailed and subjected to fines depending on the crime. But people caught using or possessing small amounts - defined as the amount needed for 10 days of personal use - are brought before what's known as a "Dissuasion Commission," an administrative body created by the 2001 law. Each three-person commission includes at least one lawyer or judge and one health care or social services worker. The panel has the option of recommending treatment, a small fine, or no sanction.

Peter Reuter, a criminologist at the University of Maryland, College Park, says he's skeptical decriminalisation was the sole reason drug use slid in Portugal, noting that another factor, especially among teens, was a global decline in marijuana use. By the same token, he notes that critics were wrong in their warnings that decriminalising drugs would make Lisbon a drug mecca.

"Drug decriminalisation did reach its primary goal in Portugal," of reducing the health consequences of drug use, he says, "and did not lead to Lisbon becoming a drug tourist destination."

Walter Kemp, a spokesperson for the United Nations Office on Drugs and Crime, says decriminalisation in Portugal "appears to be working." He adds that his office is putting more emphasis on improving health outcomes, such as reducing needle-borne infections, but that it does not explicitly support decriminalisation, "because it smacks of legalisation."

Drug legalisation removes all criminal penalties for producing, selling and using drugs; no country has tried it. In contrast, decriminalisation, as practiced in Portugal, eliminates jail time for drug users but maintains criminal penalties for dealers. Spain and Italy have also decriminalised personal use of drugs and Mexico's president has proposed doing the same.

A spokesperson for the White House's Office of National Drug Control Policy declined to comment, citing the pending Senate confirmation of the office's new director, former Seattle Police Chief Gil Kerlikowske.

The U.S. Drug Enforcement Administration (DEA) and the U.S. Department of State's Bureau of International Narcotics and Law Enforcement Affairs also declined to comment on the report.

By Brian Vastag on April 7, 2009

<https://www.scientificamerican.com/article/portugal-drug-decriminalization/>

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Humans of Launceston ~ Betty

"You've come at the wrong bloody time. Home and Away is about to start. Then I watch that Ninja Warrior show. Why didn't you come earlier? (laughs). Oh well, not to worry. Have a seat, love. Do you want a bikkie? You're not recording me are you? Well, that's no good because sometimes I like to swear, not all the time, but I can be a bit blue at times. If you record me, you will have evidence (laughs).

When those telemarketers ring me up, I tell them to go and get stuffed (laughs). Bugger off I say then I hang up on them (laughs). Stuff 'em I say. I am a bit naughty. But there's no bullshit with me. I just tell it like it is. Nothing wrong with that".

"I was born in September of 1924 in Hawthorn and grew up in East Kew. I was always up to mischief when I was young. I was a wild one. But I never, you know, mucked around with a bloke until I was married. I was naughty in other ways. And very cheeky.

I left school when I was 13 and I worked at many different jobs, including an 18 months stint in a feather factory. I also worked the ticket box at the theatres, including the Broadway Theatre, Canterbury Theatre and a few others. I then enrolled in a 'Shorthand & Typing' course at nights at Stotts Business College, at my mothers insistence.

During my working life I ended up working as a typist for TAA, and I would go all over the place. I was briefly in Launceston, where I met a man named Bob Carter, who drove the TAA bus out to the Launceston Airport everyday. He grew up in Belhaven Crescent in Newstead and he was Tasmanian through and through.

He was a dart thrower and a taxi driver in later years. He was a simple sort of a man and didn't say much. A man of few words was Bob. My mum wasn't too happy about me seeing Bob because I was always travelling down to Tasmania to see him. And she knew that if it worked out, I would be making a permanent move down here. And she hated that idea.

When I would visit him, I wouldn't stay with Bob. I would stay in a boarding house in Lawrence Street, next to the Gunners Arms, with a lady named Mrs Adams.

You couldn't put my mother and Bob in the same room. They hated each other. She'd say 'I hate the bloody sight of him'. It was different from his side. Bob's mum adored me and I adored her, more than I did my own I think.

I moved down here and Bob and I married in 1950. We bought a house in Shirley Place and I lived in that house for 63 years. Bob and I were married for 54 years. He moved up to Cosgrove Park for his last few years. I'd visit him every second day and just sit with him.

We had two daughters Jeanette and Beverly. Jeanette works and lives down in St Helens and she comes up to see me quite often. She sleeps on the spare bed. She sadly lost her husband last year. Beverly lives up in Newnham and she pops in regularly and also helps me out with a lot of my jobs.

My girls are both great, they really are. I have two beautiful grandchildren and four little great grandchildren. I adored living in my house. Absolutely bloody loved it.

63 years is a long time in the one place. I didn't really do any renovations or any of that stuff but I kept it clean and tidy and updated as much as possible. I wanted to move into this community, and when I went to sell my house, the real estate agent told me 'You won't get the price you want Mrs Carter'.

I asked him 'Well why not'?

He replied 'It's just too dated'.

So I said to him "Well I'm dated too but I'm still alright". (laughs)



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There's a chap named Mark who lives a few houses down from me. He is 63 and such a lovely man. He regards me as a bit of a mother figure. He has a bit of dementia, but you wouldn't really know it. I think he's a very kind person and he helps me out so much. He paints the canvas for me so I can then paint on it with a smooth texture. He does all the heavy lifting for me and helps out with my errands. He even takes my slacks up for me if they are too long. He's just so good to me. He helps a few of us oldies here. I love living here. I really do. Most of the people I have met are just lovely.

Three of us residents here, including Mark, share a dog and we have him a few days each at a time. I have a great circle of friends and we all get together and play games like Mah-jong and Bingo and do crafts together. It really is a great little community here where I live.

My house, as you can see, is full of craftwork. I love it. I love painting and knitting dolls and making things. (See painting photo below) I have made about 70 of these dolls with the beads on the dresses. People just love them. I give away a lot of my art and crafts so they can make money for the cancer foundation. If it makes people happy, then I am happy

to do it. I love helping people.

Do you see those porcelain animals down there at my front door? They're my little babies. Every day I put them out on my patio for a bit of sun. I told you I'm a bit crazy. (laughs)

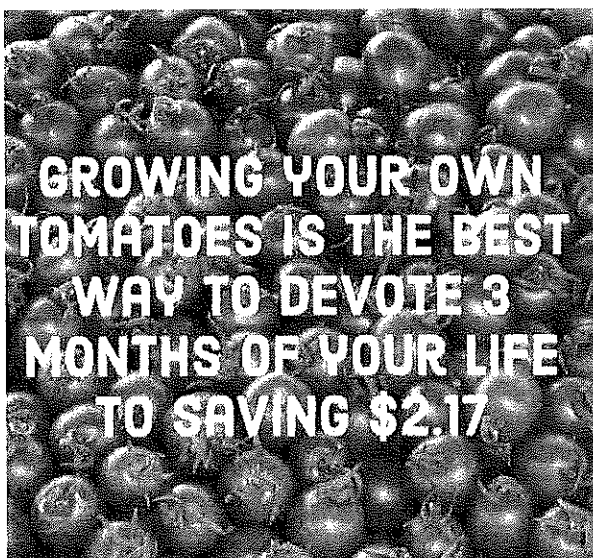
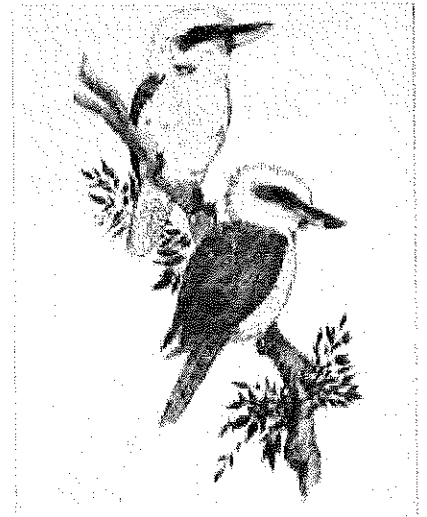
I'm up early every morning. I do crosswords and knitting. I try to go back to sleep but it's too hard. Once I'm awake, I'm wide awake. So I keep myself busy. Mark will pick me up and we go out to Youngtown to the City Mission Op Shop café. Have you been out there? It's wonderful. So many bargains, and half the stuff out there is next to new.

What's my plan for the next ten years? What kind of a question is that? I'll be dead (laughs). I'm not going to make it to 103. But you never know.

I love Tasmania as much today as when I first moved here in 1950. It is just beautiful, and peaceful and the people are just wonderful. My brain is as sharp as ever at 93 and I keep very busy with my friends and my art and crafts. If you don't use your mind, you will lose it. I'm a straight shooter and never lie and that's the best way to live I reckon.

Now turn that bloody recorder off and bugger off so I can watch Ninja Warrior".

<https://www.facebook.com/humansoflaunceston/posts/403358093399019>



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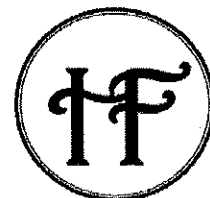
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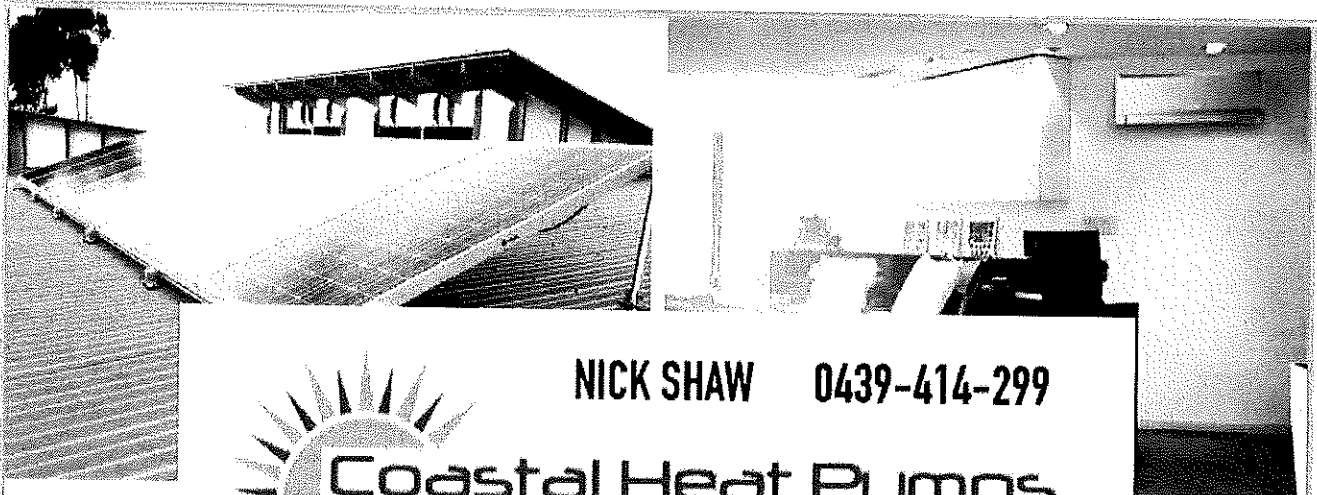
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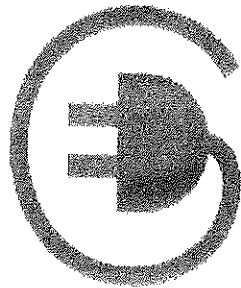
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TasWater – it's a matter of trust. Why won't the State Government come clean? July 25

At a community meeting held at St Marys last Thursday, the Premier and Treasurer were again asked questions about the financial arrangements for the takeover of TasWater and once again avoided making public this information.

Without the public release of financial and economic modelling from the Tasmanian Government, how can we trust them? There is simply no transparency.

"The government says it can make guarantees, but we all know State Governments change regularly and regularly change their minds; how often have we heard them break promises once they get into power and claim things are much worse than they thought they were irrespective of whether that is true or not," Break O'Day Mayor Mick Tucker said. "Despite numerous requests to the Premier for financial information to enable the Council to be fully informed, the State Government refuses to hand over the information which leads us to wonder if the information exists – how can we trust them when they won't come clean."

"Under the takeover proposal, returns to Councils from the assets they built will reduce to 50 per cent of TasWater's profits after 2025, but the government is hiding the simple fact that stuck with having to service a massive debt, TasWater is unlikely to make any profit at all, meaning Councils will get nothing."

The returns that are currently received enable Councils to fund activities which can be seen as discretionary, for example, addressing flooding in St Marys when the Tasmanian Government has walked away from management of waterways; fixing the fragmented and inefficient service delivery models of the Tasmanian Government for health and youth services and grants to community organisations in our local communities.

The Government continues to maintain there is a water and sewerage crisis and this in itself shows how little they understand about the very organisation they are trying to take over.

"In the face of repeated questioning about the nature of this supposed crisis, the Government has demonstrated a complete lack of understanding of how environmental compliance works, TasWater's actual performance, or how long it even takes to build this infrastructure," said Break O'Day Council Mayor, Mick Tucker. "The Infrastructure Tasmania report released this week does not even contain the basic financial modelling and economic data needed to assess the plan, with no cost benefit analysis, no modelling and no projections of the impact of hundreds of millions of dollars in debt imposed on TasWater, just to meet an arbitrary political deadline. If the government really has the community's best interest at heart, it will work with local government to improve TasWater and provide the information necessary for a fully informed discussion."

TasWater confirms better water for Cornwall and Mathinna



Community meetings were held on July 31 in Cornwall and August 1 in Mathinna, at which residents were informed that the towns will be home to new water treatment plants installed by TasWater.


TasWater's community engagement team is carrying out a series of meetings outlining to the 24 regional towns across the state the plan to remove all Boil Water Alerts and Do not Consume Notices by August next year.

Work in Cornwall will start in a few weeks to build the treatment plant along with a larger capacity water storage tank. Work will also include the cleaning of the water distribution system that will deliver drinking water that meets the Australian Drinking guidelines. Mathinna will see the addition of a new water treatment plant and cleaning of the water distribution system with the existing water storage tanks retained.

TasWater CEO Michael Brewster says he is pleased to be getting on with the job of upgrading water supply systems throughout Tasmania's smaller communities. Fingal and Avoca are already enjoying quality water following the installation of a new treatment plant and pipeline, with Scamander last year having its Boil Water Alert lifted after extensive upgrades to its water treatment plant."

"This work at Cornwall and Mathinna will not only provide locals with long term improvement to the water infrastructure but will provide the Fingal Valley and nearby towns town on the east coast the confidence to develop small business and tourism opportunities."

TasWater is investing \$5.3m into these two communities, and this work is part of TasWater's 24 glasses – Regional Towns Water Supply Program that will see all public health alerts lifted by the end of August 2018 as part of our fully funded 10 year plan.



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**We invite you to attend one of the following
information sessions:**

St Marys

St Marys Town Hall
Wednesday, 23 August
1.00pm - 2.00pm
23 Main Street

Swansea

May Shaw Health & Wellbeing Centre
Friday 25 August
1.00pm - 2.00pm
Wellington Street

**To RSVP or for further
information please phone
6372 4415 or 6208 8553.**



Where do you find us?

Email: admin@hub4health.org.au

Web: www.hub4health.org.au

St Marys Outreach Office, Main Rd

St Marys (next to Op Shop)

Our Aim:

To facilitate health and wellbeing programs to rural and remote communities within the Break O'Day Municipality.

Farewell To Margie

It was with a heavy heart that we said farewell and good luck to Margaret Tweedie who has been working with Hub4Health/Healthy House for the last nine years.

Due to the organisation being unable to secure external funding Hub4Health has had to downsize, which meant (amongst other things) that Margie's position finished at the end of July. Margie has seen many changes in the organisation over the years, and she has stuck it out through all the highs and lows. Never a day will pass when she doesn't have a smile on her face and a kind word for everyone she meets. Margie has been involved in many wonderful programs including the FriendSHIP Program, Toe Nail Clinic, Get Active Program, St Marys Gym, Weight loss Support and many many more.

When it became apparent that Margie's position was to end, her concern naturally was not for herself but for all the people who she worked with and supported. Because of this strong commitment to the community, Margie has decided to continue a couple of her programs but as a volunteer. As Margie put it "this is not the end".

Margie's tireless work and contribution to the community has touched and helped so many people there are just too many to mention.



The Board and all the staff would like to take this opportunity to say an amazingly big THANK YOU and Good Luck to Margie, and express how much we will miss seeing you every week. You are an absolute pleasure to work with and we are grateful to have had the opportunity.

For more information on the changes at Hub4Health look out for our next newsletter – out soon

Current services available in the local area

Ochre Health Medical	(03) 6376 2971
Foot Ankle Rehabilitation Clinic	(03) 6327 1920
Australian Hearing	(03) 6332 4700
Launceston Dietetics	0417 325 129
Tess Crawley & Associates (Rural Psychology Tasmania)	(03) 6331 0577
St Marys Active4Life Gym	admin@hub4health.org.au
Counselling & Consulting Services Tasmania	0419 175 948
Rural Flying Doctors Service	
Rural Health Worker	0439 799 958
Physical Health Worker	0447 036 888
Mental Health Worker	0439 503 202

Community Groups / Services Guide

AA St Marys meets Friday 7pm at Holy Trinity.
Mick / Shirl 6372 2909

Al Anon (Family Group) meets Sunday 2-3.30pm at St Helens Neighbourhood House.
Please call (in order) Rose 0456 063 943 / Ann 0409 763 270

Animal sanctuary North East Animal Sanctuary Michelle Jesson 0457 081 533

BOD Business Enterprise Centre
St Helens 6376 2044

Break O'Day Council 6376 7900

Break O'Day Regional Arts meet monthly on the 2nd Thursday at 5.30pm in the St Marys Hotel.

The BOD Stitchers meet Friday 10-3pm at the Neighbourhood House Bungalow in St Helens.

Carers for Wildlife Tas Inc.
St Marys 6372 2973 / 0417 017 105

Child Care
St Helens Family Based Care Association (North) Inc 6376 2262
St Marys Child Care Centre 6372 2187

Churches
Anglican Ch St Helens 6376 1144
Catholic Ch St Marys 6372 2252
Salvation Army St Marys 6372 2099
Uniting Ch St Helens 6376 2405

The Combined Probus Club of Scamander Inc meet on the 4th Wednesday of each month at Scamander Beach Resort, 10am. Contact Lorraine on 6376 2185

Community Car St Marys 6372 4415
The Cornwall Community Development Group Inc. hold their general meetings on the 1st Tuesday 7pm monthly. **BINGO** Mondays at 7pm, 2 jackpots weekly. All welcome.
Raz / Deb 6372 2261

East Coast Community Transport Community Hall, 23 Main Street, St Marys 6372 4415
The Falmouth Community Centre contact for booking is Cherrie Schier 0417 887 941

Fingal Valley Neighbourhood House
6374 2344

The FVNH Op Shop is happy to receive pre-loved clothing & goods weekdays 9-3. Come along, check it out and pick up a bargain.
Gary Barnes FVNH

Golf Clubs
Malahide Golf Club 0409 517 417
St Helens Golf Club 6376 1218
St Marys Sports Centre Inc 6372 2177

Greater Esk Tourism meet on the 2nd Monday 7pm at Fingal Neighbourhood House monthly. 0412 425 666

The Hub4Health Walking Group 6376 3439
JAM (Jesus And Me) Mel 0409 838 816

Justice of the Peace
K Faulkner 6372 2196
Henry Holder Fingal 6374 2234
Ross Le Fevre St Helens 0428 122 953

Libraries
St Marys 6372 2114
St Helens 6376 1389

Lions Clubs
St Helens 6376 2445

Lymphoedema Centre St Marys 6272 2900

Meals on Wheels
St Helens 0409 954 933
St Marys 0488 384 344

Museums Cranks & Tinkerers St Marys
0417 648845

Online Access Centres
Fingal 6374 2222
St Helens 6376 1116
St Marys 6372 2005

The Scamander & Beaumaris Community Development Association meets monthly on the 3rd Wednesday, 7pm, Scamander Sports Complex.

Scamander Garden Club Val 6372 2762
Service Tasmania 65 Cecilia Street St Helens
1300 135 513

St Helens Neighbourhood House 6376 1134
St Marys/Falmouth Playgroup is held 10:30-12:30 each Wednesday at the Falmouth Community Centre. Bec Mason 0409 253 504

St Marys Hospital Auxiliary meet monthly on the 1st Monday at 2pm in the St Marys Community Health Centre.

St Marys Ladies' Midweek Tennis meet 9.30am Wednesday. Karon 0419 722 390 / Dana 6372 2033

St Marys Markets are held monthly on the 1st Saturday 9-1pm at the St Marys Community Hall.

Michelle (BODR Arts) 6372 2056 / 0407 046 865
St Marys School Association Op Shop 25a Main Street (Behind the Town Hall), St Marys. Weekdays 10 - 4pm. Saturday 10am - 1pm Market days only. Janet Drummond 0404 562 320

St Marys Sports Centre Inc. 0439 978 156
Break O'Day Woodcraft Guild St Marys
6372 2094

WOW, a fun social group for ladies of all ages.
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For inclusions / amendments please call
0403 430 452

August 10, 1844. : Charles Sturt sets out on his final expedition to search for an inland sea in Australia.

For decades after New South Wales was first settled, the people of Australia believed the rivers in the east emptied into an inland sea as the great majority of waterways flowed away from the coast.

When Sturt filled in the gaps in knowledge of the network of rivers in NSW, and determined that the Murray River emptied out at the southern coast, he seemed to solve the mystery of the inland rivers. That is, he solved it to the satisfaction of everyone but himself.

Dissatisfied with Eyre's reports of salt lakes and arid desert in central Australia, Sturt determined to settle the question and find out for himself. He was given permission to explore as far north as latitude 28 degrees.

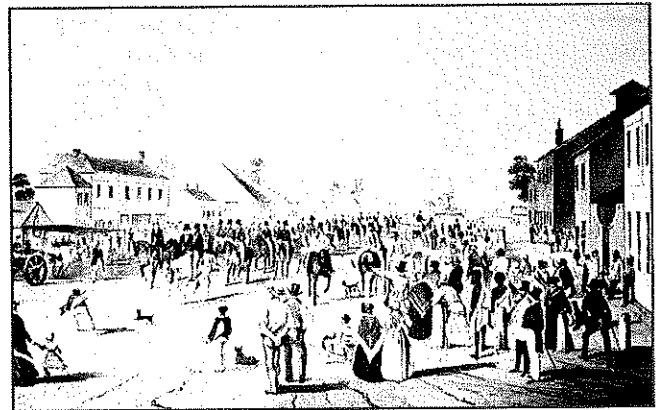
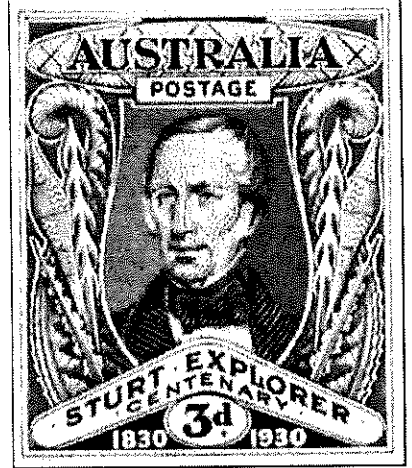
On 10 August 1844, Sturt departed Adelaide with 16 men, 11 horses, 30 bullocks, a boat and carriage, a spring cart and several drays, 200 sheep, two sheep dogs and four kangaroo dogs.

Rather than heading directly northward, Sturt's party first travelled to the Murray River and up the Darling, in an attempt to avoid the horseshoe lakes which Eyre had reported.

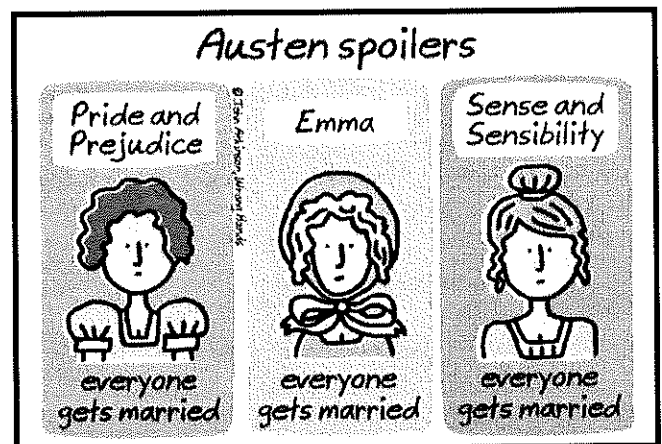
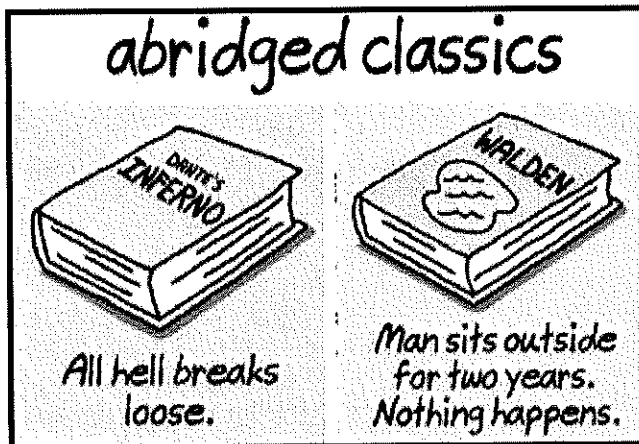
During the arduous journey, Sturt's men suffered terribly from scurvy, heat and lack of water. Remarkably, only one man was lost – James Poole.

Sturt discovered no inland sea; he did, however, find much forbidding countryside and desert, and he added greatly to the understanding of Australia's arid interior.

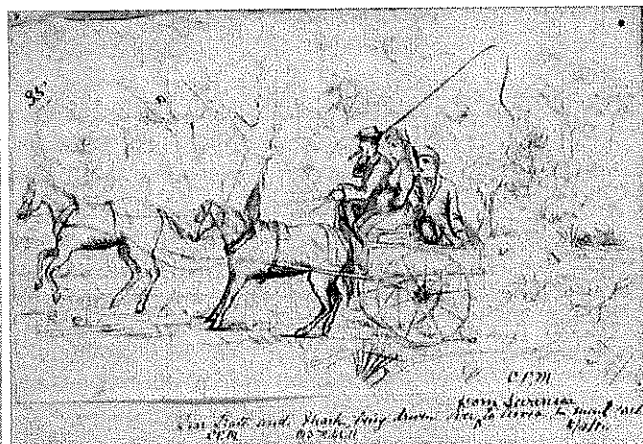
Today, his name lives on in Sturt's Stony Desert.



Sturt leaving Adelaide in 1844



Swansea to Avoca mail cart



95. Theloh taken, 5th. 1874.
The only mail cart from Swansea to
Avoca. The gillie horse, who was
going to Swansea, on a visit, & he to
near, he had to look round &
see the distant cousins, & the
celebrated Long March. He got a letter
from one, & boarding house, & they moved
him on to another. The doctor was
kind to him. One man told him
nothing was sure, but death the taxes.
Going down a back street alone, in
Swansea. A man asked him for help & he
took out his purse with only a little
money in it & gave him some, but by
the look of the man had he much, he felt
sure he would have robbed him.
C. Mitchell & Mark Mitchell.

It's a sunny afternoon and I'm sitting cross-legged with my eyes closed, introducing myself to my womb Part 2

How do they feel about the rise of the neo-hippy?

"It is a surprise to reach adulthood and suddenly find that growing up in a Buddhist centre carries social cache. I am loath to cash in on it; that feels like the antithesis of everything our childhood instilled in me."

Nell echoes that: "Of course it's good to wear natural fabrics, it is good to eat organic food, but the reason my parents did all those things was because they were worried about the impact on other people."

You could argue that the rise of the neo-hippy is simply a reflection of the narcissistic "me, me, me" world of social media. Old hippies believed in living economically and communally, bulk-buying wholefoods and sharing the childcare; Nell says that if your bag of lentils fits into your hand, then you are definitely not a hippy.

Some neo-hippies are also surprisingly intolerant of other people's lifestyles. My friend Carly experienced this when she moved into a houseshare: "I'm always being made to feel bad for using a razor or enjoying an egg," she says. She was accused of being insensitive for leaving a non-vegan chocolate cake, a gift from her 87-year-old grandmother, out in the kitchen. "I've also been lectured for being in a monogamous relationship, instead of enjoying the benefits of polyamory. A lot of my family are from Cumbria and make a living building paths and doing farm work. In my eyes, they are the best kind of hippies, even if they don't have the hippy signifiers of my housemates – the posters and the dreads. They share resources with their neighbours and are open-minded and welcoming. For many people, being a hippy has become more a badge of honour than a way of life. And when you're on the wrong end of it, it can feel less like peace and love and more like snobbery."

Millennials are prone to idealising their parents' generation: whacking retro filters on their iPhone photographs. There's a heavy dollop of image-consciousness thrown in there, too. I suspect many neo-hippies wouldn't be seen dead at Womad, where my mother took me and which Nell attended every year – "standing in a field next to your dad, wearing a bum bag and thinking, 'Oh, I've seen enough men from Kazakhstan playing fiddles'". The cultural appropriation aspect grates, too: flaunting a Native American headdress at Burning Man, greeting people with "namaste", calling people and things your "spirit animal".



Woodstock, 1969

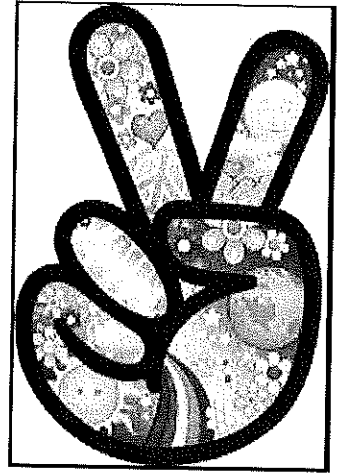
But perhaps I am falling victim to rose-tinted nostalgia for a hippiedom that never was. Millennials are certainly prone to idealising their parents' generation: listening to their vinyl and whacking retro filters on their iPhone photographs. Perhaps there never was a golden age. The historian Dominic Sandbrook, author of *State Of Emergency: The Way We Were: Britain 1970-1974* seems to think not. "The number of people, certainly in Britain, who genuinely dropped out, lived in communes, slaughtered their own birds – full-on hippies, if you like, was pretty small," he tells me. "It was a reasonably middle-class, university-educated thing to do. This is a massive generalisation, but how many hippies were there in Rotherham in 1970? My guess is, not many. Whereas in Cambridge, Oxford, a lot of people would probably have identified themselves as hippies."

He argues that today's neo-hippies are not so different.

"Almost from the beginning, being a hippy was about an aesthetic, and it's an aesthetic that's defined by what you're carrying, what you're wearing, the decor of your flat, the food you're cooking. Everyone's got the same hair, everyone's got the same clothes. I think it's too tempting to think, 'Oh, this is a terrible and commercialised relic of what was once a pristine and beautiful thing.'"

But didn't they want to change the world? I asked my mum's friend Rose, who dropped out of university in 1969 to go on the hippy trail to India. "We were idealistic, so yes. We were anti-materialistic and very much seeking out eastern philosophy and ideas. I had been disappointed by my philosophy course at university – it was all very dry and logic-based. This was an explosion of new ideas: Buddhism, Jungian psychology, RD Laing," she explains. "But we didn't do much. We took too many drugs, listened to lots of amazing music and hung out – people from so many different places: Australians, Europeans from all over, Canadians, Americans, including quite a few US draft dodgers." Would she agree with Sandbrook that it was a relatively privileged group of people? "On the whole, it was middle class young people who had the luxury of dropping out. It was a precursor to the whole gap year thing."

Sandbrook argues that it was an inherently elitist movement. "It was about changing the world through withdrawing from it. That's quite a monastic attitude: the world is corrupt so we will set up our own little world in which we can live organically and ethically and challenge capitalism."



That involved the kind of material sacrifices Nell talked about; but as Sandbrook points out, there was much less money around in the late 1960s and early 1970s. A lot of people had no central heating. Dropping out involved a level of sacrifice lower than it might today.

You could ask: if practising a hippy lifestyle makes people calmer and happier, where's the harm? Many of the younger generation now drawn to it live in stressful urban environments and work in demanding jobs. This was precisely the reason my womb guru Chloe Isidora found shamanism: because she was burned out and unhappy. "It's about people wanting to feel a sense of purpose, like they are doing something with their life," she tells me. "I felt like there was something huge missing. The word hippy doesn't bother me at all. You don't have to be on a spiritual path; you can just have this yearning for fulfilment – that's what it's really about."

Certainly she's right that you don't have to be a hippy to attend her womb circle. They are a diverse bunch – four white women, four women of colour, all from different walks of life, and all friendly and keen to find a greater connection to their own bodies. Where's the harm? Isidora says she's thrilled it's fashionable again. "It needs to be for people to plug in and say, 'Actually I want to do this, and it's not embarrassing, or I feel weird or the odd one out.'"

It's very easy to be a hippy and live in a commune if you're living in sparkling sunshine

Despite the scars of her hippy upbringing, Nell agrees. "I don't want to sound too cynical," she says. "Womb wisdom is probably really healthy, and to take time to go outside and be in nature is incredibly important. If you need to dress it up, then at least you're doing it. It's so easy for me to be snide because it's kind of old hat to me."

Dropping out completely isn't a popular option in Britain – not just because of our insane rents and crazy working hours, but because of our climate. "The hippy stronghold was always California," Sandbrook explains. "This will sound so banal, but I think it's true: it's partly a question of the weather. It's very easy to be a hippy and live in a commune if you're living in sparkling sunshine. If you're in north Wales and it's pouring with rain it's a slightly different matter."

Tell me about it.

I think the children of hippies will always struggle to fully embrace the revival, perhaps because so many of us have rebelled in the only way we know how: by becoming desperately conventional. We walk among you, but we are in disguise.

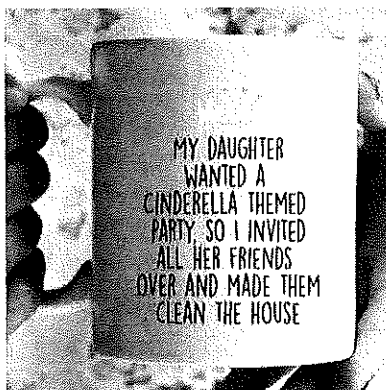
"When I think of the children of the hippies I know," says Nell, "they ascribe to all the ethics, they volunteer, they get the train instead of flying short distances, and all that stuff. But they are wearing clean, smart clothes they bought from a shop, getting married before they have a baby, and buying a house – people whose parents believed all property is theft." And conventional though I may be, I confess I enjoyed the womb wisdom circle. I liked Isidora, and when she gave me a little bundle of sage to purify my house, it brought back fond memories. In a weird kind of way, it felt like coming home. Perhaps my mum's incense burning, and those times she made me do yogic chanting, have paid off. Not that long ago I got so high with my dad that I almost – almost – could see what he sees in the Grateful Dead. And of course, I work for the Guardian. I'm still waiting for my uterus to get back to me, though.

By Rhiannon Lucy Cosslett

<https://www.theguardian.com/society/2017/mar/18/hippy-back-instagram-not-so-cool-remember-first-time-round>



Coachella 2017



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The BETOOTA ADVOCATE

DYLAN FEINGOLD | *Homewares*

Approaching the cheap K-Mart clothes horse with the patience and control of the most seasoned cowboy, Sam Madden carefully broke in the awkward homeware like it was a bullish brumby from Australia's high country.

The 22-year-old paralegal spoke to *The Advocate* a short time ago with the skin still hanging off his palms and a thick bead of sweat trickling down from his hairline. "It's just something that needed doing," he said, referring to his washing.

"And when it's raining out and you've got no clean clothes left to wear, you've got to get the clothes horse out. I'm not made of money,

I live in regional Australia. The cost of energy out here is enough to take the dinner off Gina Rinehart's table, mate."

"So I naturally had to break in the clothes horse, which is something I like to do every winter. It's good for both of us, the horse and me."

According to Madden, the cheaper a clothes horse is, the harder it is to break in.

Which is why it took him close to seven minutes this morning to work out how it went together.

"We picked it up a few years ago at the new K-Mart in Betoota Ponds," he said.

"If you ask me, we should've got a quality clothes horse from David Jones in Quilpie, but the missus

didn't want to drive half a day just to pick one up, fair enough I guess."

"But it's a wook-a-took thing, I hate it but I'm the only bastard in this household who can break one in. So I guess I'm stuck?"

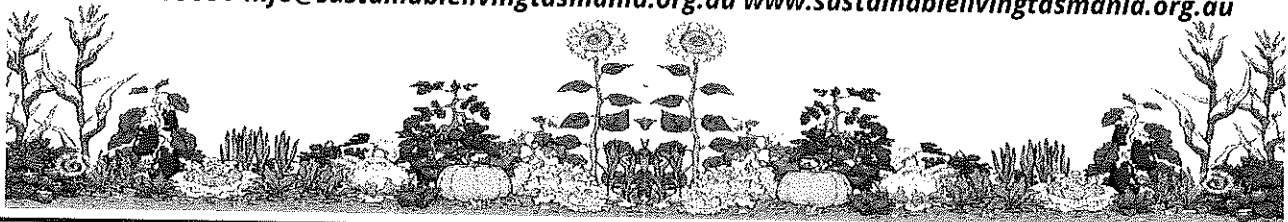
More to come.



Tasmania Planting Guide for August

Seed potatoes, Jerusalem artichokes, shallots, peas, broad beans, turnips, swedes, Asian brassicas, English spinach & potato onions. Sturdy young seedlings of cabbage cauliflower, celery, broccoli, lettuce, onion & leek.

Ph 6234 5566 / info@sustainablelivingtasmania.org.au www.sustainablelivingtasmania.org.au



LJ Hooker



Kate Walsh

Your local area specialist in St Marys and Scamander. For an obligation free market appraisal please contact Kate Walsh from LJ Hooker St Helens.

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Mobile: 0419 683 904

Email: kwalsh.sthelens@ljh.com.au

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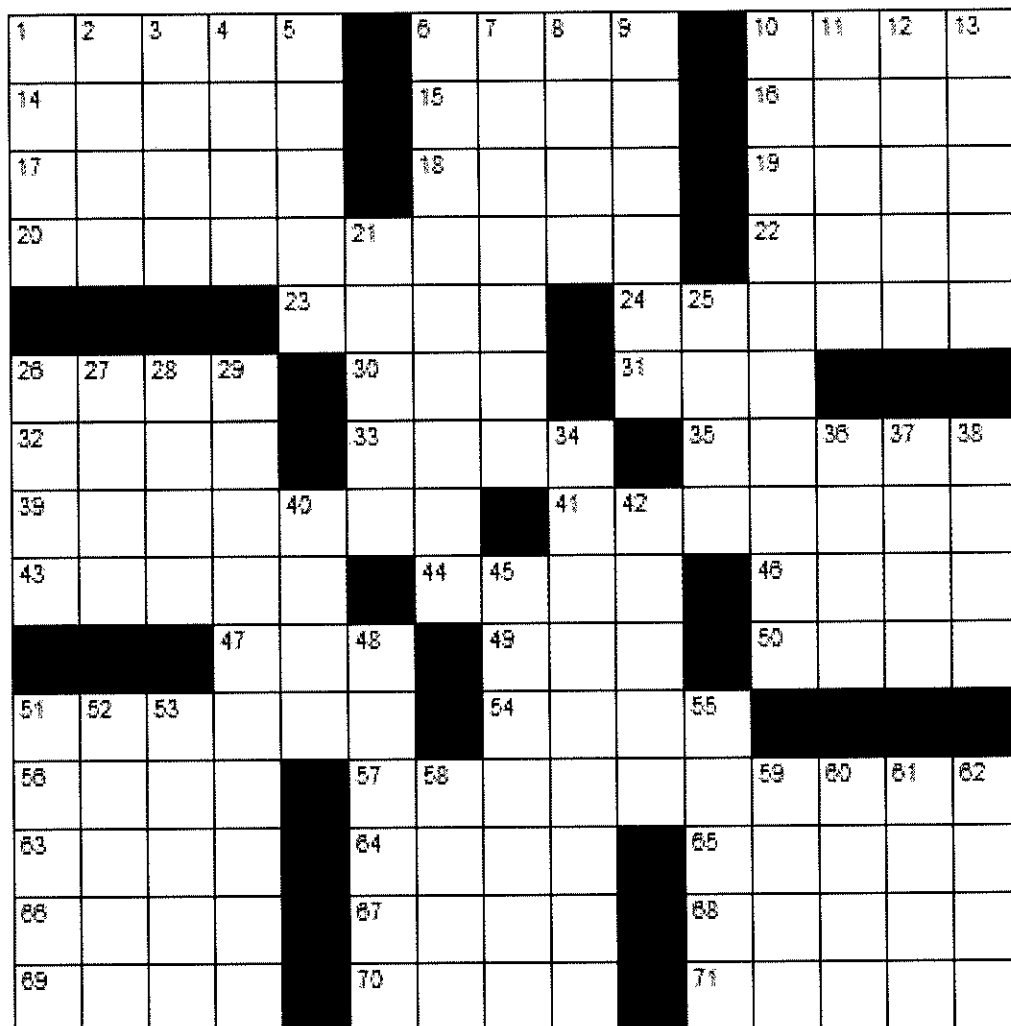
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Email hello@raywalker.it

Web <https://raywalker.it>

ACROSS

1. Seethes
6. Bucket
10. Superhero accessory
14. Pontifical
15. Govern
16. Death notice
17. Banish
18. Bothers
19. Ark builder
20. Evil
22. Melody
23. Printer's unit
24. Anagram of "Rioted"
26. Units of resistance
30. Paraphernalia
31. Regulation (abbrev.)
32. Train track
33. Type of sword
35. Vibes
39. Books on unusual subjects
41. Prominent
43. First Hebrew letter
44. Not a win
46. French for "Head"
47. Bro or sis
49. Alcove
50. Anagram of "Lyme"
51. Browbeat
54. Visual organs
56. Winglike
57. Destroy completely
63. Chomp
64. Wreaths
65. Lassoed
66. Bright thought
67. Not first
68. Flip over
69. School session
70. Laughs (slang)
71. Untidy



DOWN

1. Gush
2. Cab
3. Sweeping story
4. Travel on foot
5. Slumber
6. School administrator
7. Golden
8. Varieties
9. Not greater
10. Adjacency
11. More or less
12. A keyboard instrument
13. Aromatic solvent
21. Sea barriers
25. Trade
26. Killer whale
27. Transport in a vehicle
28. Bog
29. Backwash
34. Writers of literary works
36. Bobbin
37. Initial wager
38. Flower stalk
40. Buckeye State
42. Heretofore (2 words)
45. Pillar
48. Umbrella (slang)
51. Nun's attire
52. Leave out
53. Provide food for
55. Truth ____
58. Boyfriend
59. Lasso
60. Mimics
61. Anagram of "Nets"
62. Countercurrent

Solution on p29

Libraries (Closed public holidays)

61 Cecilia Street **St Helens**
6387 5600
Monday to Friday 10am - 5pm
Sat 10am - 12pm

31 Main Street **St Marys**
6372 2114
Mon, Wed & Fri 12.30 - 4pm
Tue & Thurs
10am - 12.45pm

Fingal Online Access Centre
29 Talbot Street 6374 2222
Mon, Wed & Fri 9am - 4pm
Tue & Thurs 9am - 12pm



St Marys Community Health Centre
Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

GP Surgery Hours
Monday - Friday

8:50 - 10am

(10 - 10:30am Reception closed)

10:30am - 12.30pm

(1 - 1:30pm Reception closed)

1:30 - 3:00pm

(3 - 3:30pm Reception closed)

3 - 4:30pm

Pathology Service – Bloods

There is no pathology service prior to 8.30am.

If you require pathology prior to 8.30am i.e. urgent blood test and / or a fasting test, an appointment must be made at the Nurses' Station the day / evening before on 6387 5555

Pathology hours are 8.30 - 11am and 2 - 4pm, Monday-Friday

Scripts and Doctors' Appointments

Please ensure doctors' appointments are booked **PRIOR** to your medications running out, or **IN ADVANCE** if you attend this practice regularly.

Please be patient Waiting periods to see your doctor may be experienced. We are not able to issue scripts during the weekends, please ensure you have enough in advance. Please be aware we are not able to issue scripts by phone.

St Marys Medical Practice reminder

Dr Latt wished to remind the community of the following exceptions to bulk billing at the SMCHC:

Driving licence renewals	Insurance medicals
Requested medical reports	Harness medicals
	Pre-employment checks

These are NOT covered by Medicare, and may incur costs. Please discuss this with reception when booking. If you have any concerns, please contact us and we will try and address them

SMCHC Teaching Site

We are a **UTAS teaching site**. We regularly host students from various health faculties, who attend our site to participate in training placement. If you are attending this practice and would prefer the students do not sit in on your consultation, please inform reception prior to your appointment. These placements are very important for the students, so your cooperation is greatly appreciated.

Doctors' Roster

Dr C Latt

10/8/17 — 25/8/17

Dr K Nash-Rawnsley

11/8, 15/8, 18/8, 22/8 & 25/8 /17

**Non-attendance of
Doctors' appointments**

Please be aware there is a non attendance policy at this practice. If you miss three appointments you will be sent an account. If you miss a fourth appointment you may be referred to another Medical Practice.

Due to demand, doctors' appointments need to be booked at least **two weeks in advance**.

Waiting periods can apply.

A.H. contact numbers

GP Assist	1300 780 011
Ambulance or Emergency	1800 008 008 000
Lifeline - Saving lives, crisis support and suicide prevention	13 11 14
St Marys Community Health Centre - please ring before presenting after hours	6387 5555

INR tests require a 5 minute doctors' consultation.
Please inform reception when booking

Are your details up to date? Do you have a new address / phone number? Do you have a new Centrelink / Medicare card? Have you updated these details with us? Sometimes we need to contact you, or pass your details on to other health professionals.

You may also be charged for some medical services if your Centrelink / Medicare cards are not current If any of your details have changed, please contact us on 6387 5555 or call in and see our friendly reception staff for assistance.

Waiting area at the Health Centre

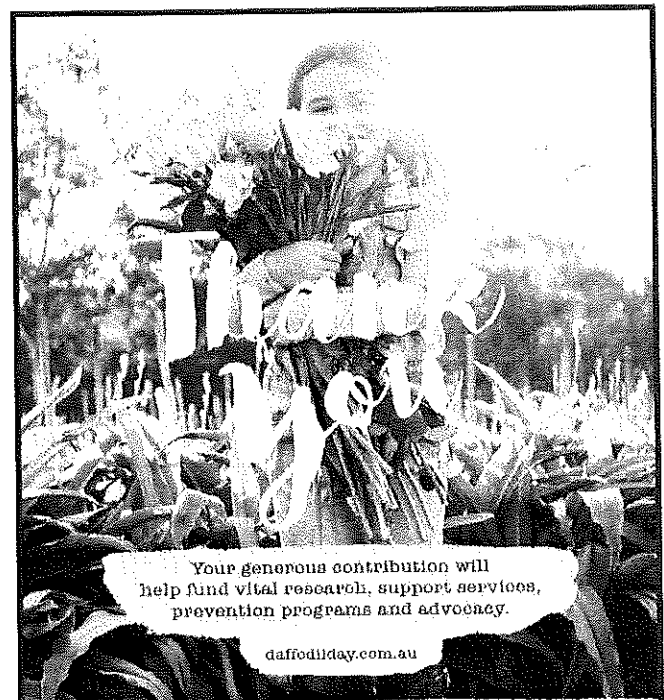
The waiting area for **ALL** services at the St Marys Community Health Centre is in the reception area. Please report to reception upon arrival and the consultant you are here to see will be told and they will come and collect you from this area.

St Marys Community Health Centre
Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre

- August 10 **Physiotherapist** Patrea Zacher for appts please see your GP or Health professional for a referral
2nd Bite Delivery
Social Worker Shan Williams
Ph 6387 5555 for appointments
- August 11 **Physiotherapist** Patrea Zacher for appts please see your GP or Health professional for a referral
Social Worker Shan Williams
Ph 6387 5555 for appointments
- August 14 **Max Employment** 8:30am - 5pm downstairs.
Occupational Therapist Danyelle Briggs by referral from your Health Professional
- August 15 **Occupational Therapist** Danyelle Briggs by referral from your Health Professional.
Child Health Session with Mary Mumford
Tuesday fortnights, by appointment only
Ph 0428 136 381
Continence Nurse Karen Bell. Please see your GP or Health Professional for referral
- August 16 **Day Centre** Ph Hayley Gilbert on 6387 5555 for information on the group
- August 17 **Meals on Wheels Meeting** 2 - 4pm in the Day Room.
Social Worker Shan Williams
Ph 6387 5555 for appointments
2nd Bite Delivery
- August 18 **Social Worker** Shan Williams
Ph 6387 5555 for appointments
- August 21 **Occupational Therapist** Danyelle Briggs by referral from your Health Professional.
Tasmanian Lymphoedema Centre 5pm in the Day Room.
- August 23 **Day Centre** Ph Hayley Gilbert on 6387 5555 for information on the group
Social Worker Shan Williams
Ph 6387 5555 for appointments
- August 24 **Adult Community Mental Health Worker**
1:30pm - 3pm
Social Worker Shan Williams
Ph 6387 5555 for appointments
- August 25 **Social Worker** Shan Williams
Ph 6387 5555 for appointments

*The preceding information on this page supplied by
St Marys Community Health Centre, Gardiners Creek Rd
St Marys Tasmania 7215*



Your generous contribution will
help fund vital research, support services,
prevention programs and advocacy.

daffodilday.com.au

Daffodil Day 2017 Friday 25 August

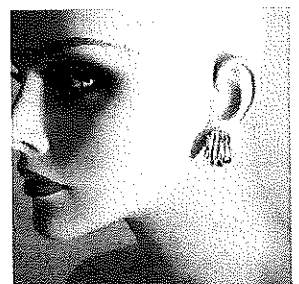
Cancer Council | Daffodil Day

Daffodil Day Merchandise available from the
reception of the St Marys Health Centre -
Daffodil Pin \$5, Daffodil Pen \$6

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Kodak prints from 45¢

Ear piercing \$27
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Cassie



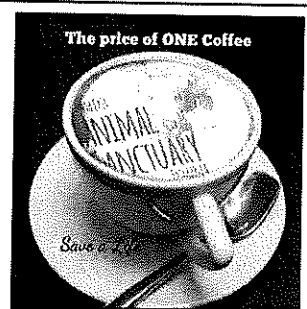
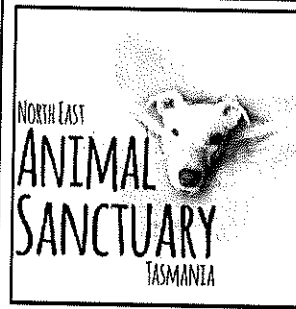
Pharmacist instore Monday to Friday

214 words of three letters or more were found in **SUGGESTION**



egg	guts	signs	
eggs	igneous	sin	suit
ego	ingest	sine	suite
egoist	ingests	sines	suites
egoists	ingot	sing	suits
egos	ingots	singe	sun
ens	ins	singes	sung
eon	inset	sings	suns
eons	insets	sins	sunset
eosin	into	sinus	ten
ess	ion	sit	tens
genius	ions	site	tie
gent	issue	sites	ties
gents	its	sits	tin
genus	nest	snit	tine
get	nests	snits	tines
gets	net	snog	ting
gig	nets	snogs	tinge
gigs	nit	snot	tinges
gin	nits	snots	tings
gins	noise	snout	tins
gist	noises	snouts	tissue
gneiss	nos	snug	toe
gnoses	nose	snuggest	toeing
gnosis	noses	snugs	toes
gnu	nosiest	soggiest	ton
gnus	not	son	tone
goes	note	sone	tones
going	notes	sones	tong
goings	nugget	song	tongs
gone	nuggets	songs	tongue
gong	nus	sons	tongues
gongs	nut	sot	tons
gos	nuts	sots	toss
got	one	stein	tossing
gouge	ones	steins	tug
gouges	onset	steno	tugs
gout	onsets	stenos	tune
gouts	onsite	sties	tunes
guess	onus	sting	unit
guessing	ossein	stings	unite
guest	oust	stogie	unites
guesting	ousting	stogies	units
guests	ousts	stone	unset
guise	out	stones	untie
guises	outing	stun	unties
gunite	outings	stung	unto
guns	outs	stuns	use
gusset	seguing	sue	uses
gusseting	sent	sues	using
gust	set	suet	
gusting	sets	suets	
gusto	sign	suggest	
gusts	signet	suggestion	
gut	signets	suing	

How many words of three letters or more can you find in **PATRICIDE**? Answer next edition.



We have had some awesome success recently.

We received a donation from Savourlife, an Australian dog food company who donate 50% of their profits to animal rescue. We came in 3rd place with voting by the public and received \$2000!!!

We applied for a grant through Harcourts Foundation and have been selected although I'm not sure how much we were awarded. (We asked for \$2500) As well as that we have raised \$1117 with our Krispy Kreme fundraiser.

All this will go towards building a new cattery and financing work on our kennels.

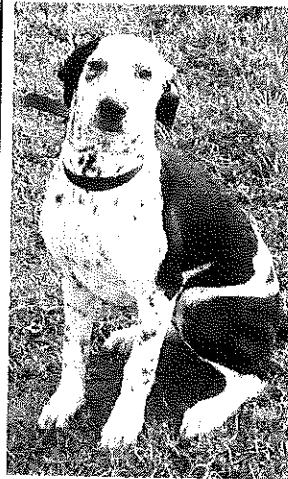
We are currently looking for a concreting company to come to Herrick to give us a quote on concreting part of our kennels.

We currently have two beautiful intelligent pups looking for their forever homes.

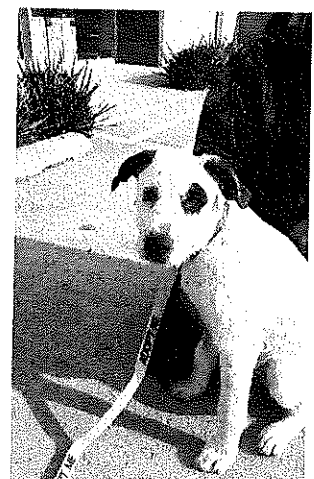
Both require good fencing as they can climb rural fencing easily, both good with kids and other dogs.

Pepper is good with cats but Patch will need to be monitored around cats and sheep.

Both are 6 months old and have been attending obedience classes.



Pepper



Patch

Anyone wishing to know more please contact our page
<https://www.facebook.com/Northeastanimalsanctuarytasmania/>

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michelle.jesson@bigpond.com

The Farmer's Wife by Rachael Treasure

She got her fairytale ending -- but life had other plans ...

The Deniliquin Ute Muster had always been on Rebecca's wish list, but with the farm and babies, she'd never managed to make it.

Tonight, she decided to reclaim herself.

After ten years being married to larrikin Charlie Lewis and living on her beloved property, Waters Meeting, Rebecca is confronted by a wife's biggest fear, a mother's worst nightmare and a farm business that's bleeding to death.

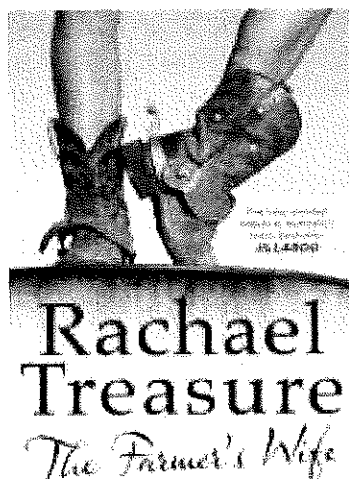
Can Rebecca find the inner strength she once had as a young jillaroo, to save everything she cherishes?

Or is life about to teach her the hardest lesson: that sometimes you simply have to let go.

This uplifting and insightful tale deals with the truth about love that the Cinderella stories never tell us.

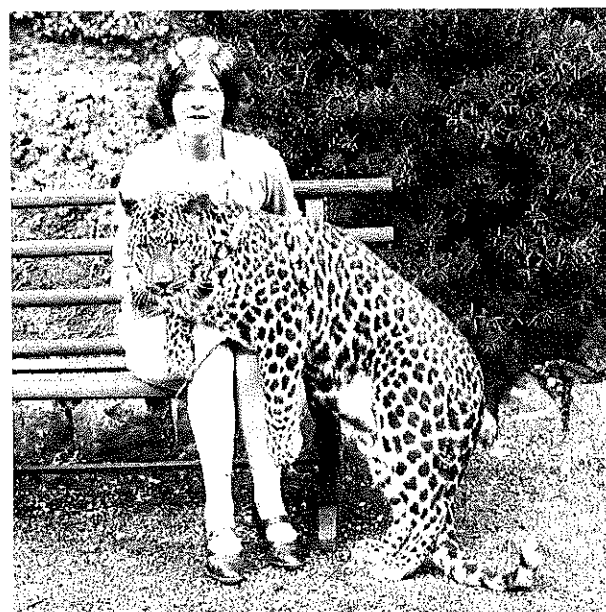
Rebecca's journey is everywoman's journey, and a resonant tale for our times.

<https://www.goodreads.com/book/show/17187499-the-farmer-s-wife>



Tasmania Way Back When

<https://www.facebook.com/tastime/photos/>



Mrs Alison Reid at Beaumaris Zoo on the Queens Domain, Hobart (other side of the road from the Royal Botanical Gardens) about 1930. Mrs Reid used to walk the leopard through the scrub on the hill, off leash, and one day she was attacked by someone and the leopard came to rescue her.

(Story narrated to visitors during an open day at the old zoo site a few years ago. Same zoo as the now famous "Last Thylacine in captivity" film.)

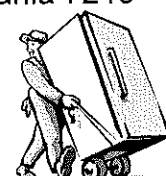


Mathinna Football Club - Premiers,
Mathinna Football Association, Season 1901.
(F Williamson, Photo)

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Monday - Friday 7.30am - 7pm

Saturday 8am - 7pm Sunday 9am - 7pm



Butchery specials August 9 - 15

	p/kg
Lamb BBQ Chops	12.99
Nichols Breast Fillets	9.99
Ingham Whole Chicken	4.99
Rump Steak	18.99
Topside Beef Roast	12.99

Butchery specials August 16 - 22

	p/kg
Leg Of Lamb	9.99
Corned Silverside	9.00
Diced Steak	13.99
Blade Roast	13.99
Ingham Chicken Drumsticks	3.49

Two week specials August 9 - 22

Peters Ice Cream 2L	2.79	save	2.81	Doritos 170g	1.64	save	1.65
Steggles Turkey Breast 1kg	12.00	save	8.99	Kleenex Cottonelle Toilet Tissue 24pk	8.00	save	9.99
Masterfoods Recipe Bases 175g	1.09	save	1.10	Indomie Noodles 5pk	1.95	save	1.34
Cold Power Laundry Liquid 2L/ Powder 2kg	9.95	save	7.04	Earths Choice Dish Washing Liquid Conc. 500ml	1.95	save	1.04
Bushells Tea Cup Bags 100s	2.99	save	2.00	Samba Fire Lighters 36s	2.00	save	0.67

St Marys Sports Centre Inc. Gray Road St Marys

President J Bianchi 0439 978 156

Friday 5 - 10pm or until close. Happy Hour 6.30 - 7.30pm Raffle, Lucky Members Draw, Pick a Pen, Wheel Spin! Cheap Prices. Saturday 1 - 6pm or until close.

Sunday 1pm onwards. Warm fire.

Open last Thursday of each month 4pm onwards.

Bowls news Official start time for new season will be Saturday October 7. Rosters will be printed out. REQUEST PLEASE Could past players return their SHIRTS to the Club, we need them for new members until they get their new ones. THANK YOU. Thank you to those working on our green.

Golf news Results Saturday July 29

Bogey G McD - 2 points, Brad 1, Steve 2 - 1, J Mac - 2, Steve 1 - 2, Rod McG - 5, Bluey - 5, N/Pin G McD on 7th.

Results Sunday August 6 Rained out.

Golf returns to Saturday August 12 as usual.

General news AGM will be held on Saturday August 12, 3.30pm.

Jam Session Sunday August 13, 1pm.

Affiliation Fees are now due.

The Valley and East Coast Voice Inc. is available at the following outlets:

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Hilly's IGA St Marys	

Shower Thoughts:

There should be a law that states all stickers need to be able to be peeled off in one piece

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